



**SPINAL CORD**  
COMMISSION

# SPINAL COURIER

Vol. 4 No. 4

July, 1993

## JOHN BAKER - NEW LITTLE ROCK CASE MANAGER

John Baker accepted the Little Rock Case Manager's position and began his employment with ASCC in June, 1993. Mr. Baker is a Certified Rehabilitation Counselor who was employed by Friends For Life in Memphis, TN, prior to assuming his duties with the Commission.

He obtained a B. A. in Psychology from the University of Tennessee and earned his Masters in Rehabilitation Counseling in 1992 from Memphis State University. Mr. Baker is a member of the Memphis State Chapter of the National Rehabilitation Counseling Association. He has also had direct ex-

perience working in crisis intervention and suicide prevention and providing counseling and advocacy to individuals with Multiple Sclerosis.

Mr. Baker has developed and implemented a successful seminar entitled "101 Helpful Hints For Everyday Living," to provide individuals with tips for low cost modifications to the home and work place for increased accessibility.

ASCC believes his experience in counseling, advocacy and knowledge of accessibility regulation will assist the agency in providing quality service to the Pulaski



County residents with spinal cord disabilities. Mr. Baker is looking forward to meeting the people on his caseload and will begin establishing contact in July after the completion of his orientation.

## ASCC VISTA PROGRAM ROLLS INTO ACTION

The Arkansas Spinal Cord Commission is working with ACTION, the national volunteer agency, to develop a VISTA (Volunteers In Service to America) program in Central Arkansas to provide services to people with spinal cord disabilities statewide. Three positions will be filled with VISTA Volunteers, individuals who will work full time in the positions and receive a monthly living stipend. The stipend is not considered income and will not count against any entitlements received (e.g. SSI or AFDC). Each VISTA position is for a one year contract which may be renewed at the end of the year if agreed upon by the volunteer, ASCC and ACTION. The three positions, which opened in June and should be filled by September 1st are:

*Education & Resource Coordinator* - responsible for developing and maintaining the resource data base on SCI; coordinate the dissemination of information and resources; recruit and train other volunteers; some computer skills are useful.

*Peer Support Coordinator* - work with ASCC Case Managers, hospitals and rehab centers to develop a peer support network to provide support and guidance to newly injured individuals throughout the state; recruit, train and assign peer counselors; coordinate volunteers for disability prevention programs; some counseling skills useful.

*Equipment Coordinator* - coordinate the ASCC Loan Closet; solicit donations of new and usable

durable medical equipment for ASCC clients; disseminate information on available equipment and develop a program to train clients and their families on basic wheelchair maintenance and repair; some mechanical skills useful.

All VISTA positions will be headquartered at the ASCC central office in Little Rock. Volunteers must be available full time and have transportation to the workplace. In addition to the living stipend, VISTA Volunteers receive medical insurance and a year-end lump sum stipend.

If YOU or someone you know is interested in one of the positions, contact Cheryl Vines at 324-9624 NOW!

## SPINAL COURIER

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Executive Director

Thomas L. Farley  
Editor

The Arkansas State Spinal Cord Commission does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.

## BUCKLE UP!



### BATESVILLE FISHING DERBY

Over 100 people attended the fourth annual "Wheels & Reels" fishing derby held Saturday, May 8, at Bryan Lake on the Arkansas College campus. The fish and derby kits were supplied by Arkansas Game and Fish. Citizens Bank, Baker Health Care Specialists, Ruddle Hill Baptist Church and Barbara Pool provided the abundant food and drink at the outing. David Johnston and Sandie Keller of Baker Health Care Specialists grilled the hamburgers and hot-dogs, while several volunteers helped serve the food and assisted the young fishermen in casting and catching their fish. Fishing was a little slow but Winston McGinnis (see picture) managed to get a stringer full. Everyone had plenty of fun and thoroughly enjoyed their day at the lake.

## SPINAL COURIER Letters

Questions • Suggestions • Directions • Answers

### Wheelchair Tennis Classic

Dear Editor:

The Route 66 Wheelchair Tennis Classic will be held this year August 20-22 in Tulsa, Oklahoma. Cash prizes were available last year so this tournament may prove profitable. Contact Tournament Director, Sharon McGovern at (918) 455-3535.

Lisa Robinson  
Central AR Rehab Hospital

### NSCIA Invites You!

Dear Editor:

NSCIA invites all interested persons in the area to attend open chapter meetings held the first Tuesday of every month at 6:30 p.m.:

National Spinal Cord Injury  
Association -  
Western Arkansas Chapter  
1401 South "J" Street  
Fort Smith, AR 72901  
(501) 785-8586

Doug Moore  
President, NSCIA

### Tip Pays Off

Dear Cheryl:

Just to let you know that I responded to the article in the April Spinal Courier about "Urinary Tract Infections" and the University of Kansas accepted my tip; my \$40 is forthcoming.

Thank you for the lead. I'd like to see more opportunities for writing like this one.

Karen L. Percz

### UAMS Impotence Clinic

Dear Editor:

One of the common problems associated with spinal cord injury is an inability to have an erection that is satisfactory for intercourse. Although there are several possible solutions to this problem, one of the simplest and least likely to cause complications is a vacuum pump device which gives a temporary erection.

Anyone who is interested in being evaluated for such a device (or in learning more about it), should contact the Impotence Clinic at the University of Arkansas for Medical Sciences. Patients may refer themselves to the clinic by calling 686-6219 to schedule an appointment.

It should be clearly understood that this device has no effect on the ability to have children, only the ability to have an erection.

Shirley McCluer, M.D.

### Country Hide Away

Dear Editor:

Looking for a get away for a weekend or for a whole week? The Oak Tree Inn in Heber Springs has two wheelchair accessible riverside cottages. The cottages have wood burning fireplaces and decks for sunbathing with fishing and canoeing available on the nearby Little Red River.

Contact the Oak Tree Inn, Highway 110 West, Heber Springs, AR 72543 (501-362-7731) for reservations, prices, and for a complete list of accessible equipment and facilities.

Oak Tree Inn

# KEEP IN TOUCH WITH REHAB - OR BE LEFT BEHIND !

Dear Dr. McCluer:

I am writing in hopes that you will pass this information along to current and future individuals with spinal cord injury (SCI). As you know, I was injured quite some time ago, 1971, at the age of 19. Much has changed in the field of Rehabilitation Medicine since then. One example is the method of traction used to stabilize the injured vertebrae. I was in an electro-circle bed with 30 pounds of weight attached to tongs embedded in my skull for three months! (This was without any complications.) Then came another three months of rehabilitation. To say the least, I was ready to go home at almost any cost and that was my goal. I had no interest in learning what rehabilitation was about - INDEPENDENCE. (Although independence for quads was not realistic at that time.) I left the hospital after six months of confinement totally dependent on my friends and family. I returned to the hospital once or twice for a "check-up." (I use the term loosely.) A check was "Hi, how are you doing? Any problems? Fine, see you in six months." Not once during a

check-up did a therapist check Range of Motion nor was I informed or encouraged to obtain the services of a good Urologist to keep the plumbing in decent working order. I lost all touch with Rehabilitation Medicine. When I became ill, I went from this doctor to that doctor, none of whom knew much about individuals with SCI.

In 1988, after the removal of heterotopic ossification (HO), I spent some time at Baptist Rehabilitation Institute and learned to dress myself and do my own ROM. Before meeting Dr. McCluer, I did not know what HO was. She spotted it right away and was able to steer me in the right direction for having it removed. She also introduced me to a relatively new drug which, combined with my current medication, stopped the severe muscle spasms I was experiencing. I met a rehabilitation specialist (Physiatrist) and it has literally changed my life. I do more for myself now than ever before. I have earned a B.A. in Social Work. I also play wheelchair tennis - last season my doubles partner and I were number one in the nation in the Quad "A" division.

Many things have changed since my initial injury. The traction which I experienced is pretty much obsolete. The current SCI individual might say "so what." It is an *advancement* in SCI technology. When I was injured, wheelchair sports consisted of basketball. Now, the SCI individual is limited only to his or her imagination (including Bunji-jumping quads!) All of this is to stress the importance of keeping in touch with rehabilitation medicine. Keep in contact with your doctors and therapists. Subscribe to at least one publication that deals with rehabilitation and SCI (Paraplegia News, New Mobility, Accent on Living, Sport "N Spokes). They know what is going on and what is new in the field of SCI. Rehabilitation medicine is exciting. For most of us with SCI it doesn't move fast enough. By not keeping in touch, I missed out on almost sixteen years of developments. I was a sports enthusiast before being injured and would have enjoyed knowing about the advancements in that area. Please stay in contact or you may be left behind.

- Mark Carson

## 1993 Spina Bifida Camp Gains Statewide Support

June 13th marked the first day of the 1993 Spina Bifida Camp session this year with 35 campers, age 6 to 11 signed up to go. The second session of Camp begins with a bang on July 4, for campers age 12 to 16. Spina Bifida Camp is part of the MedCamps of Arkansas, an affiliated group of the Arkansas Chapter of the American Academy of Pediatrics, under the direction of Dr. Kelsy Caplinger, a Little Rock Allergist. Camp is held each year at Camp Aldersgate, a Methodist Camp in West Little Rock.

This summer, with funds short and costs going up, the Spinal Cord Commission, who has been the

primary sponsor of Spina Bifida Camp since its inception, made an appeal to clubs, organizations and companies statewide to assist by sponsoring one or more campers. Our request was met with great support from many parts of the state and many groups. Thanks to all of these folks, we were able to send 70 kids to camp this year at no cost to the camper or their family.

The Spinal Cord Commission sends warm THANKS to:

- Childrens' Medical Services (AR Dept. of Human Services)
- MedCamps of Arkansas
- Spina Bifida Association of

- Arkansas
- Arkansas Helping Hands Foundation
- Abilities Unlimited of NW Arkansas (Dorothy Wurtsbaugh Trust Fund)
- Crittenden County Medical Auxiliary
- Delta Shrine Club Deltaettes
- Kiwanis Club of Jonesboro
- National Medical Rentals
- Northeast Arkansas Rehabilitation Hospital
- Northeast Arkansas Shrine Club
- Pilot Club of Texarkana

If you know of a group or organization interested in sponsoring a child to camp next summer, please contact Cheryl Vines at 324-9624.

# Fourth Annual Conference: Bigger and Better!

Two hundred fifty clients and family members, professionals, exhibitors, speakers, volunteer servers and staff attended Arkansas Spinal Cord Commission's fourth annual "Living with Spinal Cord Injuries in the '90s: Making Changes" conference on June 3, 1993, at the C. A. Vines Arkansas 4-H Center in Ferndale.

Attendees heard Skip Wilkins and over 20 other presenters discuss promoting positive changes in their lives.

Mark your calendar to attend next year's conference on May 20, 1994. The spacious 4-H Center will once again host our conference and hey, the cinnamon rolls and lunch were great!



## Door Prize Winners Announced

In an effort to encourage completion of this year's evaluation form, a new aspect was added - a drawing for door prizes. The first door prize winner was **Karen Stephenson** of Little Rock, who won a Quickie Wheelchair Designs t-shirt. The second door prize went to **Jeri Wheeler** of Mammelle. Jeri won a "Check It Out" t-shirt donated by the Spinal Cord Injury Prevention Program. The final door prize, won by **Linda Shearer** of North Little Rock, was a B98.5 Gift Pack which included well-known Little Rock disc jockey/personality Craig O'Neill thermal coffee mugs.

## ASCIA AWARDS SCHOLARSHIPS

The Arkansas Spinal Cord Injury Association awarded their first academic scholarships at this year's ASCC conference. The scholarships went to individuals with spinal cord disabilities who are attempting to gain an education to provide them with employable skills. The five recipients of these \$500 scholarships for 1993 were:

**ALFRED WOOD** of Hot Springs who is an Accounting major at Garland County Community College. Mr. Wood, who is working towards his CPA, is a former truck driver and sustained his spinal cord disability as the result of an injury in 1990.

**ERIC CLAY THOMASON** of Little Rock who is a senior at J. A. Fair High School. Mr. Thomason is planning to attend University of Arkansas, Little Rock in the fall to study Computer Science. He sustained a spinal cord disability as a result of a spinal cord tumor in 1988.

**MICHAEL MORRISSEY** of Little Rock who is a graduate student in Technical and Expository Writing at University of Arkansas, Little Rock. He holds a Bachelors degree in Communications. Mr. Morrissey sustained his spinal cord disability as a result of Spina Bifida at birth.

**CHRISTY LITHICUM** of Fayetteville who is a graduate student seeking a Masters degree in French at the University of Arkansas, Fayetteville. She holds a double Bachelors degree in French and Political Science. Ms. Lithicum sustained her spinal cord disability as a result of an injury in 1987.

**KATRINA FRIDDLE** of Charleston who is pursuing an Associate of Arts degree in Business Administration and Finance and Banking at West Ark Community College. Ms. Friddle sustained her spinal cord disability as a result of Spina Bifida at birth.

The Arkansas Spinal Cord Injury Association (ASCIA) is a not-for-profit organization formed in 1990 by and for people with spinal cord injuries to promote the interests and accomplishments of the nearly 2,000 people in Arkansas with spinal cord disabilities. In addition to the scholarship program, the association is involved with advocacy, promotion of accessibility and barrier removal, a civilian parking patrol to monitor proper use of disabled parking spaces, and disability awareness in Central Arkansas schools.

Funds for the scholarships were raised at the annual ASCIA auction. This year's ASCIA Scholarship Auction will be held on September 18, 1993.

For additional information about the association or the scholarship program, please contact President Stacy Willis at 225-3546 or Scholarship Chairperson, Cheryl Vines at 324-9624.

## Conference Videos

Several presentations at this year's conference were taped and added to ASCC's Resource Library and Education Center. The following videos are available for checkout:

- Opening address and keynote speaker, Skip Wilkins.
- *"Can the Injured Spinal Cord Be Rebuilt?"* John Houle, Ph.D., Assoc. Prof. of Anatomy, UAMS.
- *"Recent Advances in Acute Care of SCI,"* Bruce Andersen, M.D., Dept. of Neurosurgery, UAMS.
- *"Current Concepts in Pressure Release Management: The Facts,"* Cindy Kitchens, R.N., Enterstomal Therapist, Baptist Medical Center.
- *"Surgical Management of Pressure Sores,"* James B. Russell, M.D., Surg., Plastic & Reconstructive Surgery Associates.
- *"Aging with a Spinal Cord Injury,"* Lisa Schlicht, M.D., Physiatrist, Dept. of Phy. Med. & Rehab, UAMS (includes consumer panel discussion on aging experiences).

If you are interested in borrowing any of these, please call Loretta Decker at 324-9628.



Fashion show model Eloise Kemp illustrates the latest in ladies' wear.



The 4-H Center's spacious interior gave attendees the chance to spread out to strike up new friendships and renew old friendships from previous years.



The exhibits area gave attendees the opportunity to keep current with the latest developments in equipment and service.

## You Look Marvelous!

"Looking good often means feeling good," Ann Whitehead, ASCC Health Educator, commented as she introduced Arkansas' first wheelchair fashions show to those attending the luncheon at the ASCC annual conference. "Everyone benefits by feeling like they look good, but finding clothing that is easy to get on, comfortable yet fashionable, can be difficult when you are in a seated position on an everyday basis."

The fashion show featured nine "roll" models wearing clothes designed specifically for people who use wheelchairs from Avenues Unlimited of Camarillo, CA. The clothes were designed with fea-

tures such as unique shapes for sitting, shorter cut jackets that stay neat and clear the wheels, conveniently placed pockets to stow articles for easy access, hidden wrist loops and longer fly fronts which make dressing easier.

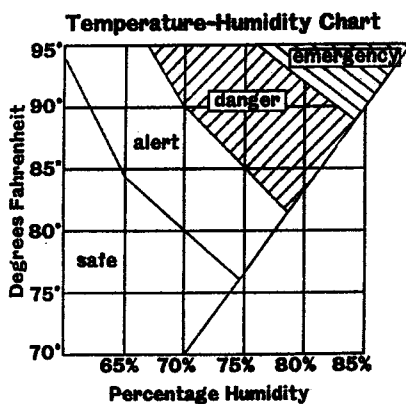
Many thanks and compliments went to the following ASCC clients who graciously volunteered to serve as models for the show:

Mare Dykes-Simonar of Cabot, Karen Schmidt of Conway, Ester Karp of Quitman, Mark Morlen of Hot Springs, Barry Vuletich, Eloise Kemp, Michael Morrissey, Mike Waldorf and T. Lee Eiland of Little Rock.

# SPINAL CORD INJURY AND SUMMER HEAT

This is the time of year to remind everyone of the dangers of our summer climate.

You may have heard announcements on TV about the special risk of the elderly for heat stroke and heat exhaustion, but some of you may not be aware that the spinal cord injured are also a high risk group. Several people with SCIs in Arkansas are known to have died of heat stroke, and probably more are not diagnosed. Any sudden, unexpected death of a person with a high level SCI in the summer should be suspected of being due to heat stroke.



## Why is high heat and humidity dangerous?

Humans have a constant body temperature that doesn't tolerate much variation from 98.6 degrees. This is maintained regardless of the temperature of the surroundings. When the body temperature starts to drop, internal heat is generated by muscle activity (shivering) and heat is conserved by closing off the blood vessels that are closest to the skin surface so heat cannot escape as easily.

When the body temperature starts to rise (unrelated to fever), heat is eliminated by opening the blood vessels closest to the skin and increasing the heart rate to allow more blood to carry heat to the

surface where it can be eliminated. In addition, sweating puts moisture on the skin which cools as it evaporates. Both methods work better if the air around the skin is constantly moving (as with a fan) in order to carry the heat away. In addition, all clothing must be loose to allow the air to circulate.

This is a very effective system unless something interferes. As the temperature outside the body rises over 85 degrees (i.e. closer to body temperature) the air can no longer remove the excess heat. Also, as the humidity increases, the air can no longer hold more moisture, so evaporation of sweat can't occur. Higher heat can be tolerated if the humidity is low, and higher humidity can be tolerated if the temperature is lower. The graph shows the relationship between these 2 factors.

When the system fails the body temperature rises. If it gets over 105 degrees permanent damage may be done to the brain and other organs and about 20% will die.

## Why is SCI at risk?

A person with spinal cord injury is at more risk than the able bodied because the regulation of sweating and skin blood flow is controlled by the nervous system. The higher the level of injury, the greater the danger of heat stroke.

## Symptoms of overheating

Unfortunately these are vague and non-specific, such as: headache, rapid pulse rate, weakness and fatigue. By the time it is recognized that something is wrong, it may already be too late. If the body temperature is over 100 degrees with no reason to suspect fever, treatment should be started at once.

## Prevention

- Avoid temperatures over 85 de-



grees, especially if the humidity is also high.

- Stay in the shade and out of the sun as much as possible.
- Drink lots of water to avoid dehydration.
- Wear loose, light colored clothing.
- Keep the skin and clothing damp by frequent use of a spray bottle of water and/or keep a cold wet towel around the neck and shoulders.
- Minimize physical activity. (Remember spasticity produces heat the same way exercise does.)
- Use a fan whenever possible if air conditioning is not available.

## Management

When heat stroke or heat exhaustion is suspected, cool the person quickly with whatever methods are available. Removal of clothing and wetting the skin (or wrap in wet towels or sheets) is more effective than packing in ice. Get to a hospital emergency room as quickly as possible and tell them what has happened. Most Arkansas ER's should be familiar with necessary treatment. If the body temperature gets over 105 degrees, there may be delayed damage to several body organs (such as brain, liver, kidneys, etc.) even after the temperature has returned to normal.

For more information of this subject, request Fact Sheet on Heat Intolerance from the ASCC Education and Resource Center.



## CIVILIAN DISABLED PARKING PATROL

The Arkansas Spinal Cord Injury Association (ASCIA) is a group of people with spinal cord disabilities and their advocates who seek to improve the lives of all Arkansans with disabilities through advocacy and educational programs. Since 1990, ASCIA had monitored disabled parking in the city of Little Rock and has been instrumental in making improvements in the state handicapped parking law (Act 656 of 1991).

Little Rock Police Department's manpower is limited and enforcement of the disabled parking law is only one of many priorities. Citizens with disabilities and their advocates can play an important role in assisting the Police Department by protecting all Arkansans with disabilities' rights and privileges to disabled parking.

ASCIA approached the City of Little Rock with an innovative idea that has proven successful in other cities around the country. Through the cooperation of Judge Bill Watt, City Attorney Tom Carpenter, Police Chief Louis Caldwell, and representatives of the City Manager's office, the Civilian Disabled Parking Patrol is now a reality.

The Patrol will, with the permission of business owners and managers, take Polaroid pictures of vehicles illegally parked in spaces designated for people with disabilities

and submit them with affidavits to the Little Rock Police Department for processing. The target group will be persons parking in disabled spaces whose vehicles bear no disabled license plates or official disabled placards hanging from the rearview mirrors. Patrol members have been trained by city officials with the understanding that strict standards must be met and no direct confrontation of violators allowed. Members will stay in their vehicles to take the photos, and leave the official enforcement to designated city officials.

The project was featured in the Arkansas Democrat-Gazette in June with a front page story. "This type of media attention will let the public become more aware that illegal use of disabled parking is against the law and not simply a nice, humanitarian idea," said Adrian Horton, ASCIA Vice President and coordinator of the project.

Several organizations and individuals have donated equipment and support to this project, including Wal-Mart Stores, AR Disability Coalition, AR Spinal Cord Commission, Verlon McKay, and Mainstream Living. It is the hope of ASCIA that the success of this project can extend into other communities around the state. For additional information about the "Polaroid Patrol," contact Adrian Horton at 568-6406.

## ADA BROWN BAG SEMINARS

The ADA Roundtable is a coalition of individuals, businesses and advocacy organizations committed to the implementation of the Americans With Disabilities Act (ADA) in Arkansas. The group is hosting a series of monthly lunch-time seminars in Little Rock to help people learn more about the ADA. The seminars and lunch are free, so if you are interested in learning more plan to attend.

**Third Thursday of the Month**  
11:45 - 1:00 p.m.

Brandon Conference Center  
Arkansas Children's Hospital;  
1 South Campus (one block south  
of ACH on the right, parking in  
fenced lot across the street)  
1120 Marshall Street, Little Rock

**August 19**

"Alternate Dispute Resolution & the ADA." Nancy Mahler, Attorney, Advocacy Services, Inc.

**September 16**

"Access & Accommodations in Higher Education." Billy Altom, Advocate, Advocacy Services, Inc. Linda Gibson, Disability Support Services, UALR

**October 20**

"Case Studies of Arkansas ADA Success Stories." Central Arkansas Employers & Business People

If you have questions about the seminars, contact Cheryl Vines at 324-9624. If you are interested in having an ADA seminar in your area, contact Jean Ellen White at 624-4892.



## QUADS UNITE - PLAY QUAD RUGBY!

Quad Rugby, fast growing nationwide, is a team sport for quads and quads only. There are as many women as men who can play this sport. This is a game that combines the rules of basketball and ice hockey with the roughness of football.

Quad Rugby is played on a basketball court using a volleyball and involves two teams of four players. Each team takes turns attempting to carry the ball over the goal line at the defensive end, while the defensive team tries to force turnovers. No physical contact is allowed; players must block and hold their opponents using only their wheelchairs.

See Quad Rugby, page 8

## Survey Results to be Presented at Annual Spina Bifida Conference

Preliminary findings of the Spinal Cord Commission's survey of Arkansas individuals with spina bifida will be presented at the annual conference of the Spina Bifida Association of Arkansas. The SBAA conference will be held on Saturday, October 23, 1993, at the Brandon Conference Center at Arkansas Childrens' Hospital.

Initial findings were to have been included in this issue of the *Spinal Courier*; however, the completion of the survey has been delayed due to a number of factors: a change in Case Management staff in the Little Rock area; coding/data entry for the completed forms is taking longer than anticipated; and some individuals can't be found. Eighty-two percent of the surveys have been turned into the office and it is expected that more than 95% will be turned in and computerized by the end of July.

Many thanks to those who have cooperated with your Case Manager in the completion of this survey! Your help has been greatly appreciated. Please accept our apologies for these delays. An article regarding the survey will appear in the next issue.

### SPINAL COURIER

Arkansas State Spinal Cord Commission  
1501 North University, Suite 470  
Little Rock, AR 72207

#### Commission Members:

Grover Evans - Jonesboro  
Sloan Lessley - Calico Rock  
Russell Patton - Jonesboro (Chair)  
Glennis Sharp - North Little Rock  
Sheila Galbraith Bronfman - Little Rock

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REQUESTED

## Well-known Quadriplegic Dies

Many of you may have seen or heard in the news about the death of Roy Campanella, a famous catcher for the old Brooklyn Dodgers. During his ten years with the Dodgers (1948-57), he won many awards and set many Major League records for catchers. He was named Most Valuable Player in 1951, 1953 and 1955 and was inducted into the Baseball Hall of Fame in 1969.

Roy became a complete quadriplegic from an automobile crash in January 1958 at the height of his baseball career and survived 35 years as a quadriplegic; something which many considered impossi-

ble at the time of his injury. He remained active in youth support groups and other activities until his death of a heart attack in his home at the age of 71 on June 26, 1993.

Roy Campanella is one of many famous athletes who has sustained a spinal cord injury, either on the playing field (usually football) or during non-athletic activities such as Roy's automobile crash. The national attention given to SCI as a result of the publicity these individuals receive helps to increase public awareness of this condition and the need for more money for research and treatment.

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### QUAD RUGBY - continued

Level of injury classification is an important factor in Quad Rugby. Only eight points are allowed on the court per team. Certified raters classify players: 1A = 1 point, 1B = 2 points, 1C = 3 points (a 1A player has the least physical function, while a 1C has the most).

Players promote this sport because of the high level of satisfaction and self-esteem it gives quads. According to Larry Sipes of Caraway, AR (located between Jonesboro and Blytheville) who played this exciting sport for about a year while he was living in Tennessee, "This is the kind of sport quads have wanted for a long time. It's a great sport!"

QUICKIE has an official rule book for this sport for all who are interested in trying it out. Contact Larry Sipes at 482-3798 for more information. about getting started.

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